



The process of acceptance

Whether it is for yourself or for other people, to integrate something new (a concept, a knowledge, a way of doing something, or even individuals...) can be broken down into different mental steps.

This infographic demonstrates a theoretical and popularized view of the mental steps of the acceptance of seeing the world in a new way. Every path is different, more or less complex, more or less successful, and most of the time, it isn't linear.

Identification

We roughly define the outline that we may remake once we have more knowledge. According to the subject, we can also make a list or a state of play.



Validation

There must be a dual validation: on yourself and on the subject. Does the definition/outline make sense? Does the subject make sense? Deceptive and manipulative concepts can look like valid discoveries, but they are not.

Knowledge

To know or to introduce.

Knowledge allows you to deal with a subject in depth, to better comprehend its outline and to name inherent foundations.

We can introduce knowledge by using materials and media that are adapted to the people involved.



Acceptance/recognition

Understanding brings acceptance, even when we are not directly involved by the subject. This can also lead to recognition by the respect of those who are involved in the domain, in events...



Normalization

The subject that was new has now become "normal".



Obstacles are common: fear of the unknown, misunderstanding of concepts that are far from our knowledge, limited beliefs, sociocultural concepts...

Curiosity, non-judgment, patience, kindness, accepting to rethink our judgment, recognizing mistakes as information we get and not as a failure, etc. These elements however make acceptance easier.

